

WINTER 2026 TERM WORKSHOPS

*Registration open 12/8-12/16
Email wtw@middlebury.edu with questions*

The Office of Student Engagement is happy to provide the 2026 Winter Term Workshop programs. **All workshops are free and non-credit bearing.**

Workshop Registration Information:

Register for the workshop(s) of your choice starting Monday, December 8 until Tuesday, December 16 at 12:00pm using Ideal Logic ([go/ideal](https://go.ideallogic.com)) or the provided link. **Please use your Middlebury single sign on when logging in to Ideal Logic. If you have any questions regarding a workshop, please email the instructor directly.**

- Workshops begin Monday, January 6, 2026 and end Friday, January 30, 2026.
- The deadline to cancel your attendance in a workshop is Sunday, January 4, 2026.
- **Asterisked workshops are offered for P.E. credit; you must attend at least 8 hours to receive the PE Credit.**

Please contact the Student Engagement staff at wtw@middlebury.edu if you have any questions.

A Wanderer's Workshop

Across centuries and cultures, walking has been a practice of attention, and of tracing the connections between body, mind, and place. Rooted in spiritual ecology, this workshop explores walking as both an ancient human act and a living practice of reciprocity, reflection, and creative movement through the world.

Drawing inspiration from writers such as Thich Nhat Hanh, Rebecca Solnit, Frédéric Gros, Joanna Macy, and Richard Wagamese, we'll read short excerpts from "walking" texts in philosophy, religion, and eco-spirituality, while experimenting with different modes of walking: alone, together, meditatively, playfully, aimlessly, and with purpose. There is no better time to walk than winter, when your footprints mark the snow and the earth offers its quiet. Together, we will ask: How do we walk... and in that, how do we think, notice, and write? How does walking reflect where we are, who we are, and how we move through time?

Each meeting will include a brief reading, a walk, and a tea gathering for conversation and journaling, as we explore how walking might open paths toward deeper connection, resistance, and renewal.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_f385272eaae9

MEETING: Wednesday, Friday, 1:30pm - 3:00pm
 1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: 23 Adirondack View
Leader: Aisha Thapaliya

Activism: An Inside Job

We typically think of activism as fixing the outside world. This workshop invites us to focus inward, to build resilience and reduce anxiety, vicarious trauma and burnout from engaging in social and environmental justice and understand how radical self-care fuels the work. Activities will include discussion, art, guided imagery and movement.

Registration Link: <https://forms.gle/raSYd8RTmfzpB1ev9>

MEETING: Wednesday, 2:30pm - 4:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: Mitchell Green Lounge
Leader: Leila McVeigh

All Bodies are Good Bodies Burlesque and Pole Workshop

Come move your body with HaQuyen (HQ) and Savvie (Ruthless Retribution) "longtime performers and dancers" and staff from the Health and Wellness Education Office who are dedicated to educating students about sexual and mental health. Get an introduction to the basics of burlesque and pole in this workshop for beginners. The workshop will cover beginner-level moves both on and off the pole/chair. Participants will also examine the historical roots of these very versatile art forms and discuss ways to incorporate movement in their own mental health practices. All bodies, abilities, genders, and sexualities welcome!

Registration Link: go.middlebury.edu/pole/

MEETING: Tuesday, 5:00pm - 6:30pm
1/13, 1/20
LOCATION: TBA
Leader: Anna Hand
Co-Leader: HaQuyen Pham

Alpha: Exploring Christianity

Wondering if there is more to life than this? Unpack the basics of the Christian faith together. No pressure. No judgement. Just an open conversation over a home cooked meal. Everyone is welcome and you're invited!

We'll be using a curriculum called Alpha that includes a short lecture followed by rich discussion. Last year, over 2 million people around the world tried Alpha.

Hosted by the Middlebury InterVarsity Christian Fellowship (MiddIVCF) with help from Faculty Advisor, Thor Sawin.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_fcdd0a843d78

MEETING: Wednesday, 6:30pm - 8:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: Mitchell Green Room
Leader: Jonathan Buchholz
Co-Leader: Dani Pham

An Immigrant's Journal

In this workshop, we will explore various stories from immigrants around the world to gain a deeper and more nuanced understanding of what immigration is and how different perspectives are shaped. The workshop will feature guest speakers who will share their stories, cultural foods from different places, and short documentaries that highlight the hardships and the linguistic and cultural impacts of immigration in certain regions (e.g., Miami, Los Angeles, El Paso, etc.).

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_fc0bebff9d3c

MEETING: Wednesday, Friday, 3:30pm - 4:30pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: Gamut Room
Leader: Daniel Esperancine Freire
Co-Leader: Natalie Martinez

Bachata

Join us if you want to learn the basics of bachata and have some fun! Bachata was born in Latin America but has become popular all around the world, including in Italy, where I'm from! Bachata is a partner dance, but you don't need to come with one. During the class, we'll rotate partners so everyone gets a chance to dance in pairs. This workshop is beginner-friendly and will cover the basic steps of the dance, practiced both solo and with partners.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_1b5d83a614ff

MEETING: Friday, Monday, 7:30pm - 8:30pm
1/9, 1/12, 1/16, 1/19, 1/23, 1/26, 1/29
LOCATION: MAC 109
Leader: Alessia Di Pedè

Basic Audio Engineering for Live Events

Are you passionate about music and intrigued by the magic that happens behind the scenes during a live performance? The Audio Engineering Workshop: Mixing Bands for Live Performance; is your gateway to the exhilarating world of live sound mixing. Whether you're an aspiring audio engineer or a band enthusiast looking to enhance your understanding of the live sound experience, this workshop is tailored to cater to your interests. Dive into the fundamental

concepts of live sound engineering, including signalflow, acoustics, and equipment setup. Understand the key components of a live sound system and how they work together to create a sonic masterpiece.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_54c92e21fd15

MEETING: Tuesday, 6:00pm - 8:00pm
1/6, 1/13, 1/20, 1/27
LOCATION: FIC Bunker
Leader: Sam Hurlburt

Beyond Anne Frank: Powerful Jewish Women in the Holocaust

This workshop will look at some powerful female role models from the era of the Holocaust. These may include Etty Hillesum, Hannah Arendt, Rokhi Auerbach, and possibly Anne Frank. We will learn about their context and what they did by reading some short written sources (diary entries, letters, essays), discussing them, and perhaps doing some writing or another creative project to respond to what we learn. More discussion group than class, take this workshop if you are seeking to gain inspiration from how people of other times and places thought and acted in the face of authoritarianism. We will gather in a cozy, informal setting with tea. Expect some short readings to prepare for each meeting. Everyone welcome--no background in this field required.

Registration Link: <https://forms.gle/Vkqz93ANjyC4Sz7E8>

MEETING: Thursday, 5:00pm - 6:00pm
1/8, 1/15, 1/22
LOCATION: TBA
Leader: Danielle Stillman

Brazilian Comics: Stories and Culture

In this workshop, we will explore the world of Brazilian comics, an important part of the country's culture that reflects both everyday life and broader social and political issues. From beloved classics like "Turma da Mônica" to "Menino Maluquinho", Brazilian comics capture humor, creativity, and also provide commentary on society, politics, and youth experiences. Participants will analyze these stories and have the opportunity to create their own short comics inspired by the works we discuss. The goal of this workshop is to deepen understanding of Brazilian comics while developing creativity and storytelling skills. Each session will include practical and interactive activities, from reading and discussing comics to producing your own short comic strips using provided models. The workshop will be divided into three sessions, each lasting two hours. A basic level of Portuguese is recommended to make reading, interpretation, and comic creation easier and more engaging.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_8d85d556e9fb

MEETING: Tuesday, 3:30pm - 5:30pm
1/12, 1/20, 1/27
LOCATION: Axinn 109
Leader: Edmar Lima

Bump, Set, Spike: Winter Volleyball Workshop*

The volleyball workshop is a month-long program designed for players of all skill levels who want to improve their volleyball techniques and game strategies. It offers a blend of training sessions, scrimmages, and skill-building exercises, all led by experienced players. The final week will hopefully culminate in a friendly tournament, giving participants a chance to showcase their progress and compete in a fun, team-oriented atmosphere.

*This workshop offers PE Credit

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_9b2a3f1aab63

MEETING: Wednesday, Sunday, 7:00pm - 9:00pm
1/7, 1/11, 1/14, 1/18, 1/21, 1/25, 1/28
LOCATION: Memorial Field House Nelson Multi-Use, Pepin Gymnasium
Leader: Sarah Troup-Galligan
Co-Leader: Jordis White

Chinese Architectural History and Woodwork of Dou Gong and Sun Mao Structures

This will be an aesthetic introduction to Chinese Ancient Architecture Developments and Techniques. We will be exposed to terminologies in Chinese architecture to master the language when we talk about Chinese architecture. After we are more familiar with the Order of Chinese Architecture, we are going to look at specific examples from Han, Tang, Liao, Yuan, and the Qing Dynasties. We will have hands-on experience creating Dou Gong (Bracket Sets) models and try to assemble them on a supporting column for a beam. No knowledge of architecture or Chinese background is needed; it's meant to expose you to what Chinese architecture is and why this nation created its history beneath these enormous Halls, palaces, temples, and Pagodas.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_23096e3c79e8

MEETING: Tuesday, 3:00pm - 5:00pm
1/6, 1/13, 1/20, 1/27
LOCATION: Mitchell Green Room
Leader: Jiajun Xia

Climate Wayfinding

So many of us are looking at the climate crisis with distress and grappling with the question "what can I do?" Stemming from Dr. Ayana Elizabeth Johnson and Dr. Katherine Wilkinson's book, *All We Can Save*, Climate Wayfinding is a proven program for holding that question well and gaining clarity, courage, and community for our climate journeys. Through diverse modes of exploration, participants look inward, outward, and forward to discern and enliven their unique contributions and develop key capacities for climate engagement. How we find our way. Look inward: Explore climate emotions, values, and superpowers. Look outward: Explore climate solutions, accelerators, and community. Look forward: Create a personalized climate compass and plan endlessly grateful to Climate Wayfinding program facilitators for providing me with a truly immersive and embodied learning experience. Through generative group discussions, our cohort explored artistic and educational resources on climate justice and systems change (all while building meaningful, long-lasting connections within a community of like-minded students, climate educators, and community organizers)." University student & Climate Wayfinding participant Climate Wayfinding was unlike any other educational experience I've ever been a part of" catered to the entire person (mind, body, heart, spirit), crafted with astonishing thoughtfulness and intentionality, framed by people whose joy + intentionality + eagerness to engage made all the difference." University student & Climate Wayfinding participant.

Registration Link:

<https://docs.google.com/forms/d/1CKhBw81HGSImo02ujZf7CbsgG3znQRaEAFuGe-HMsB0/preview>

MEETING: Tuesday, Thursday, 4:00pm - 6:00pm
1/6, 1/8, 1/13, 1/15, 1/22
LOCATION: Hillcrest 200
Leader: Minna Brown
Co-Leader: Reilly Isler

Crepes

Want to make crepes? Want to eat crepes? In this workshop, we will learn about different styles of crepe making through hands-on practice. We will explore both varieties in batter as well as sweet and savory fillings. Participants will learn techniques including batter and topping preparation, spinning, flipping, and filling crepes. We will make some classic crepes, and experiment with our own more unique savory and sweet fillings. No prior cooking experience is necessary!

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_ee2a5d04d9e1

MEETING: Monday, 6:00pm - 7:30pm
1/5, 1/12, 1/19, 1/26
LOCATION: Gamut Room

Leader: Danny Smith
Co-Leader: Emma Borden

Decolonising Queerness Through Caribbean Narratives

This workshop explores storytelling as a tool for shaping queer Caribbean identity across homeland and diaspora. Through short readings by writers such as Audre Lorde, Gloria Wekker, JosÃ© MuÃ±oz, and others, we will examine how narrative becomes a space to push back against colonial ideas of gender and sexuality while imagining new ways of belonging. Instead of approaching queerness as something defined by the West, we look at how Caribbean people narrate themselves through memory, land, and lived experience revealing forms of identity that do not always align with Western categories. Each session combines discussion with collaborative art-making. Participants will annotate short texts together and then translate key ideas into visual or creative work, using materials like collage, mapping, or zine pages to reflect on questions of home, legibility, and becoming. Food from different parts of the Caribbean will be present as a gesture of cultural grounding offering a link to the landscapes that shape these stories. No prior knowledge of queer theory or Caribbean studies is required. This workshop is for anyone interested in how storytelling creates space for identities that have been historically silenced. Whether you're from the Caribbean or simply curious to learn, this workshop is a space to connect with the region's voices and celebrate the stories that shape its identity.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_738d0ec771a3

MEETING: Thursday, 5:30pm - 6:30pm
1/8, 1/15, 1/22, 1/29
LOCATION: Chellis House
Leader: Kiara Dookie
Co-Leader: Jade Zarate

Decolonizing Substance Use

Join Len Pierre, who is Coast Salish from Katzie (kate-zee) First Nation and a professor, social activist, and traditional knowledge keeper, for a workshop to explore the link between colonialism and Indigenous health and social inequities with a focus on the toxic drug crisis and its impact on Indigenous communities today. Participants will discuss strategies to address stigmas associated with substance use, examine Indigenous perspectives on harm reduction, and learn culturally safer language and the origins of prohibition.

Registration Link: go.middlebury.edu/decolonizingsub/

MEETING: Thursday, 4:00pm - 6:00pm
1/15
LOCATION: TBA
Leader: Anna Hand
Co-Leader: Len Pierre

Discover Bosnia and Herzegovina: Language, Culture, and History

Join us on a journey through the language, history, and traditions of Bosnia and Herzegovina, a country known for its warmth, resilience, and cultural diversity. This workshop introduces students to conversational Bosnian while exploring the region's rich heritage through music, food, storytelling, and history. Participants will learn basic phrases, discover key historical moments that shaped the nation, and gain insight into daily life in Bosnia and Herzegovina today. Whether you're interested in global cultures, language learning, or connecting with new perspectives, this workshop offers an engaging and welcoming space to learn something new. No prior experience with Bosnian is required, just curiosity and an open mind.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_e39dc0c83a5d

MEETING: Tuesday, Thursday, 5:00pm - 6:30pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Axinn 220
Leader: Alem Hadzic

Evolution Dance Crew - K-pop Choreo Workshop

Now more than ever, K-pop artists are taking the world by storm through catchy music and viral choreographies. Come learn some of these K-pop choreographies with Evolution! This workshop is open to everyone regardless of previous dance experience and knowledge of K-pop. Participants will have the opportunity to learn both boy group and girl group choreography from EVO members. We will learn how K-pop dance is not simply one genre, but a variety of dance styles, including influences of hip-hop, afrobeats, waacking, etc. We want to provide a low-pressure environment for participants to improve their dance skills, discover new music, and meet others with similar interests!

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_253e4f2aad98

MEETING: Tuesday, Thursday, 8:00pm - 9:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Wilson Hall
Leader: Ayanna Nova
Co-Leader: Alannis Nova

Go Bananas for Bananagrams

Whether you are a seasoned "top banana" or a total newbie, this winter term workshop invites students to learn, compete, and have fun playing Bananagrams, a fast-paced word-building game. Participants will compete and collaborate to create crossword grids while learning new words and strategies. In addition to the classic version of the game, there will be an opportunity to play rare, special edition, and collector's game editions. Bananagrams sets in Spanish, French,

and Hebrew will also be offered to flex new game playing skills across languages. This workshop is perfect for anyone who enjoys quick thinking, wordplay, and friendly rivalry. Get ready, set, peel!

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_9ef22be81e16

MEETING: Tuesday, 8:00pm - 9:00pm
1/6, 1/13, 1/20, 1/27
LOCATION: Atwater Dining Seminar
Leader: Wren Capra

Green Dot Bystander Training

This 6-hour bystander training is an in-depth, interactive experience where students can work together to hone their skills in interrupting violence and support our community value that violence isn't tolerated. Participants will spend time talking, practicing, writing and reflecting on how they can help inspire our community to all do their part to prevent power-based personal violence. Led by dynamic trainers interested in helping students build their confidence and working together with students. The session will have prizes, snacks, a dinner break and a chance to win \$25 in declining balance for all participants. The Green Dot Violence Prevention Strategy is a national program that trains students, faculty, and staff in bystander intervention to help prevent instances of power-based personal violence (PBPV). PBPV is a form of violence where one individual asserts power, control, or intimidation over another to cause harm. This includes dating violence, domestic violence, sexual assault, stalking, and harassment.

Registration Link: <https://forms.office.com/r/yKWZGPy3Sv>

MEETING: Friday, 3:00pm - 9:00pm
1/23
LOCATION: Redfield Room, Proctor Dining Hall
Leader: Madeline Hope-Lyng
Co-Leader: Karly Beavers, Anna Hand

Guitar 101

Guitar 101 is back for the third year in a row! This popular workshop is designed as an introduction to the guitar, without a doubt the coolest instrument ever! You will be taught the basics of guitar: the parts of the instrument, a brief history of it, chords, strumming, rhythm, basic music theory, and basic songs. This course is intended for absolute beginners, as well as guitarists who are looking to get back into the instrument. You must provide your own guitar. Electric and acoustic guitars are both welcome. See you in January!

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_aa1f7d5ed71e

MEETING: Tuesday, Thursday, 8:00pm - 9:00pm

1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Gamut Room
Leader: Joseph Jacobson

Horsemanship*

This horsemanship workshop will teach participants the basics for working with horses on the ground! Activities will involve learning essential horse care skills, such as grooming and tacking up. We will also be learning key aspects of working with horses, such as groundwork, leading, reading horse body language, anatomy, and other key parts of horse identification. We'll also work on important parts of horse care like health and wellness, and good barn management practices. Those wanting to join the Equestrian Team in the Spring or in the future are strongly encouraged to take this workshop to set you up with the basics for taking team lessons.

*This workshop offers PE Credit

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_e4d11bf32fe1

MEETING: Wednesday, 1:00pm - 3:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: Eddy Farm (Off Campus)
Leader: Kathleen Schroeder
Co-Leader: Tess Hegarty, Alivia Hartz, Sofia Goerck, Caroline Lawler, Fiona Stern

Hunter Education Field Day*

Emphasis on hunter safety, outdoor safety & wildlife conservation. Pre-requisite 5-hour online course to participate in the Saturday workshop. The day-long field-day of hands-on activities include orienteering and live-fire target practice. Upon successfully completing the online course, field day and written test, participants will be certified to purchase a hunting license in the United States and Canada. The field-day event will take place at Kehoe Green Mountain Conservation Education Center and Shooting Range. Transportation will be provided, leaving campus at 8:00 a.m. and returning by 6:00 p.m. Portions of the day will be spent outdoors - please dress accordingly and bring a bag lunch. *To receive the online course from the State of Vermont, please provide an email address that you will check regularly. If you sign up a friend, please provide their email.

*This workshop offers PE Credit

Registration Link: <https://www.register-ed.com/events/view/236625>

MEETING: Saturday, 8:00am - 6:00pm
1/24
LOCATION: Off campus, transportation provided
Leader: Jesse Stratton

Hydraulics Across Latin America

Are you interested in seeing how people extract oil? Did you know that a few tubes and water can lift a car? Or that a crane arm uses hydraulics to lift loads with ease? From fracking to hydraulics, we will understand their basic principles, origins, and how they are adapted around the world. Focusing on Veracruz and Tabasco (Mexico) and Vaca Muerta (Argentina), we'll explore how these regions have been affected by fracking for oil. We will examine the mechanisms used, simplify them, and create our own hydraulic systems based on what you've learned! This is perfect if you like to get hands-on, or just want to learn more about Latin America!

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_78c8441a3d5a

MEETING: Tuesday, Thursday, 4:30pm - 5:30pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: MAC 126
Leader: Kathaline Villavicencio

Ice Magic: Learn to Figure Skate*

Are you interested in learning how to ice skate? Don't know how?, or do you want to improve your ice skating skills? This is the right place! Our figure skating workshop is open to all levels. In the workshop, skaters will learn how to glide on ice, avoid falling, stopping, spinning, and cooler tricks (to impress your friends). All this is done through a combination of skating drills, which are taught by our experienced coaches. Skaters will have the opportunity to perform at the annual Figure Skating Winter Carnival Show to show off their skills.

*This workshop offers PE Credit

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_9e4ca4dd6e70

MEETING: Monday, Wednesday, 1:30pm - 2:30pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28
LOCATION: Kenyon Arena
Leader: Esteban Catano
Co-Leader: Ting Cui

Inner Realms - A Therapeutic Dungeons and Dragons Group

Join us for a 4-week Dungeons & Dragons campaign centered around community connection, identity development, problem solving, and social skills. Whether it is your first time playing D&D or you are a seasoned pro, there is space for you at the table and we would love to have you join the adventure. Together we will go through the rules of the game, discuss expectations, create characters, and work together to create a shared world and story. Each session will be two hours long, giving us time at the end of the session to reflect on themes that show up in the

game and how this may relate to our own lives. Come hang out, roll some dice, and reflect in a fun and judgement-free space.

Registration Link: go.middlebury.edu/dragons

MEETING: Friday, 1:00pm - 3:00pm
1/9, 1/16, 1/23, 1/30
LOCATION: Centeno House
Leader: Lana Peters
Co-Leader: Courtney Brewster

Intro to Hieroglyphics

Welcome to prehistoric Egypt—the cradle of civilization of the 13th century BCE. In this course, we will explore an archaic language, Middle Egyptian hieroglyphics, and dig into the evolution of one of humanity's earliest writing systems. Together, we will trace the origins of written communication by studying cuneiform of the New Kingdom. We'll practice transcribing coffin texts and mummy tombs, reading fossilized poetry, and working with ancient numeral systems. Since we'll be placing ourselves under the power of Ra, our hands-on activities will include carving our own tabloids, engaging in pictography exercises, and crafting papyrus art. By the end of the course, students will have a more thorough understanding into how early civilizations first learned to write their world into being.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_8d25fe091931

MEETING: Tuesday, Thursday, 7:00pm - 8:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 27, 1/29
LOCATION: Munroe 311
Leader: Sam Perez
Co-Leader: Danny Aranzales

Introduction to Chinese Calligraphy

A comprehensive introduction to traditional Chinese brush calligraphy. We will start from the very basics: how to hold a brush and the basic strokes. Each week will consist of two sessions, with each week focusing on a new style or calligrapher. The leader will give an introduction to each style and demonstrate writing. The participants will then have the opportunity to practice, with the workshop leader giving feedback. During the last session (or two) we will write traditional Spring Couplets on red paper for Spring Festival. No experience necessary. Some knowledge of Chinese is helpful but not necessary. Brushes, paper, and ink will be provided.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_d88b6fc5fa3f

MEETING: Monday, Wednesday, 6:00pm - 7:30pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28

LOCATION: Sunderland IL1
Leader: Benjamin Conigliaro

Is a Geothermal Energy Network at Middlebury Possible?

If you're interested in sustainability, the energy transition, climate change solutions, and saving money, this workshop is for you! We will engage in discussion, talk to experts, and collaborate through interactive activities to discover the possibilities for a networked geothermal energy system at Middlebury. This system would be a combination of harnessing energy from the earth and sharing heat between buildings, capturing existing waste heat. This workshop will not be just sitting in a classroom; we will get to see a network of ground source heat pumps in action and tour the biomass plant here on campus. At Middlebury we often take the source of our heat and energy for granted, so this will help you become more informed about all of the work behind the scenes, all while having a lot of fun. This workshop is developed for students by students, and welcomes all levels of knowledge and experience!

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_9eacbdba9e00

MEETING: Monday, 4:30pm - 6:00pm
1/5, 1/12, 1/19, 1/26
LOCATION: Hillcrest 103 (Orchard Room)
Leader: Lily Jensen

J-prov with the Otters!

Come have fun doing improvisational comedy with The Otters! We'll play games, try long-form improv, and laugh until the day is done. No experience necessary.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_543a7e139fe3

MEETING: Monday, 5:00pm - 7:00pm
1/6, 1/12, 1/19, 1/26
LOCATION: Forest East Lounge
Leader: Isabel Thomas
Co-Leader: Joey Disorbo

J-Term Jiu-Jitsu Introductory Course*

Looking to try something new, build confidence, and get an awesome workout? Join us for a fun, beginner-friendly Brazilian Jiu-Jitsu (BJJ) workshop. You'll learn the fundamentals of leverage, control, and self-defense in a safe, supportive environment. No experience needed! Come with tight-fitting athletic clothing, an open mind, and be ready to move! Whether you're curious about martial arts, want to challenge yourself physically and mentally, or meet new people, this session is a great place to start.

*This workshop offers PE Credit

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_2bbed01601a6

MEETING: Monday, Wednesday, Thursday, 4:00pm - 5:30pm
1/5, 1/6, 1/8, 1/12, 1/14, 1/15, 1/19, 1/21, 1/22, 1/26, 1/28, 1/29
LOCATION: FIC Bunker
Leader: Devin Xu
Co-Leader: Stephen Nwobike

Japanese Studies J-Cast (Beginner-Intermediate level)

Create a podcast all in Japanese based on the Middlebury College curriculum! This winter term, help the 2025-26 J-house create an input (listening) podcast for students currently in 100, 200 level Japanese courses. For those who would like to support weekly releases, transcription, recording and publishing of the first student-run Middlebury Japanese podcast! The beginning to intermediate stages of language learning are the most overwhelming. Many beginning Japanese podcasts cover broad topics and use words that may not appear in the Middlebury curriculum. The 2026 J-cast is curated for the Middlebury Japanese department, pulling words, expressions, themes, and practices from our curriculum to act as a support resource to new students. Background in Japanese is preferred, but not required for some roles!

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_5c154f9dcdaf

MEETING: Monday, Tuesday, Friday, 12:30pm - 3:00pm
1/5, 1/6, 1/12, 1/13, 1/16, 1/19, 1/20, 1/23, 1/26, 1/27, 1/30
LOCATION: Dana Auditorium
Leader: Ai Hoogs

Laboratory of Film Analysis: Intersections Between Aesthetics and Geopolitics in Latin American Cinema

This workshop proposes to serve as a laboratory for film analysis and discussion. The idea of a laboratory here refers to a setting for theoretical exploration and collective development of concepts that help us approach films in a way that emerges from the very corpus that is being analyzed. The sessions will focus on a selection/corpus of Latin American films in order to explore how aesthetics and geopolitics intersect: What tools do we need to analyze films made in the periphery? How can we think about the ties between art, the context of its production, and relations of power? The workshop meets twice a week" one session for screenings and another for group discussion. It will be conducted in English, and all films will include subtitles.

Registration Link:

<https://docs.google.com/forms/d/e/1FAIpQLScIqggDkHHi0w7B0Ca4AUQQfsKVWFvbqiTOoBGCMtPHYN0IbA/viewform?usp=publish-editor>

MEETING: Tuesday, Thursday, 7:00pm - 9:00pm, 6:00pm - 7:15pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: TBA
Leader: Felipe Pereyra Rozas

Learn how to play Quadball! (Quidditch)*

Get your PE CREDIT by learning how to play a silly and goofy sport! We will begin with simple skills like throwing and catching a ball, and shooting and scoring. We will then move towards more complex passing drills and scrimmages to get a good sense of the sport. This is a great way to get some exercise in a fun way and meet new people! We recommend athletic clothes and sneakers and to bring water.

*This workshop offers PE Credit

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_9962b0cf6ed6

MEETING: Sunday, Wednesday, 6:00pm - 8:00pm, 9:30pm - 10:30pm
1/11, 1/14, 1/18, 1/21, 1/25, 1/28
LOCATION: Virtue Field House, Memorial Field House Nelson Recreational Center
Leader: Katelyn Petty
Co-Leader: Sadie Sadler

Linoleum Stamp Making with MiddCAT

Learn how to make linocut stamps with MiddCAT! In this workshop, you will learn how to create linoleum stamps using carving tools. We will go over designing a stamp, planning, and different carving techniques. The final two sessions will center on a larger-scale piece, and the workshop will culminate in a print swap and mini-gallery for participants. All experience levels welcome, and beginners are extra encouraged.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_9317029b0fb1

MEETING: Wednesday, Thursday, 7:00pm - 9:00pm, 6:00pm - 7:00pm
1/7, 1/14, 1/21, 1/28, 1/29
LOCATION: Axinn 104
Leader: Sophie Maris
Co-Leader: Olivia Maloney, Olive Austin

Magic: The Gathering

Welcome Planeswalkers! Come learn to play Magic: The Gathering, often considered the greatest trading card game ever created, in a workshop designed for both new players and seasoned veterans. In this strategic card game, players duel by casting powerful spells and summoning mighty creatures, all drawn from their customized decks. We will kick things off by

teaching the fundamentals using a custom Tarkir-based cube, a curated collection of cards that allows everyone to build a deck on the fly. This draft format is perfect for new players to learn deck-building on a level playing field, while also providing a fun, strategic challenge for experienced players. In the back half of the workshop, we will transition to Commander (EDH), Magic's most popular, complex, and social multiplayer format. Whether you're just starting out or looking to test your strategic skills, join us to learn, play, and share in the fun!

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_ab920c5d89a2

MEETING: Tuesday, Thursday, 6:30pm - 8:30pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Chateau 003
Leader: Wills Erda
Co-Leader: Wyatt Adams

MiddRuns Indoor Track*

This workshop is open to all Middlebury runners who are looking for a fun, supportive, and rewarding environment to train in during January. Runners of all experience levels and disciplines in track and field are welcome, although the primary focus will be on middle-distance and distance events. Our meetings at the indoor track in Virtue Field House will consist of running workouts, including those focused on specific race paces, lactate threshold development, and top speed, as well as strength training. The program will begin with a diagnostic time trial, designed to establish training paces and help runners set goals for the season.

*This workshop offers PE Credit

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_87e3f58a7aa1

MEETING: Sunday, 6:00pm - 8:00pm
1/11, 1/18, 1/25
LOCATION: Virtue Field House, Track
Leader: Crosby Woods
Co-Leader: Max Tankersley

Mindfulness

Mindfulness & meditation is a four-session introduction to mindfulness course designed to meet the needs of college students - and potentially beneficial to any adult. Learn and practice new meditations each week while practicing mindfulness outside the sessions with the use of an app and book. Curriculum, app, and book designed by the Mindfulness Institute for Emerging Adults. The four sessions are designed to help you learn mindfulness through the practice of specific skills that calm and focus your mind; and through the practice of meditation. If you are

feeling pressured and stressed, or just interested in learning a new skill that can enrich your life, these classes are for you!

Registration Link: go.middlebury.edu/mindful

MEETING: Tuesday, 10:30am - 12:00pm
1/6, 1/13, 1/20, 1/27
LOCATION: Health & Wellness Education Office
Leader: Karly Beavers

Mindfulness / Meditation for Life at College

Providing benefits for college plus an ethic for living beyond, the concepts and skills of mindfulness can be transformative and life-long. Learn some of the traditional foundations of mindfulness and meditation plus encounter opportunities to practice in a low-pressure, non-judgmental environment that includes meaningful reflection personally and in community.

Registration Link: orten@middlebury.edu

MEETING: Monday, 8:00pm - 9:00pm
1/5, 1/12, 1/19, 1/26
LOCATION: The Crest Room
Leader: Mark R. Orten

Mittens & Tea: A Cozy Knitting Workshop

This workshop will cover the steps to knitting a cozy pair of wool mittens and felting them in the machine. Participants will learn techniques for working with double-pointed needles in the round and constructing “afterthought” thumbs. Herbal tea and baked goods will be provided while we knit. Due to the nature of this workshop, please only register if you can commit to all four sessions and are comfortable casting on and knitting basic stitches in the round.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_6465f4e03663

MEETING: Thursday, 6:30pm - 8:30pm
1/8, 1/15, 1/22, 1/29
LOCATION: LaForce 121
Leader: Kayley Watson

Money Talks: Weekly Wealth Conversations

Do you ever think about your socioeconomic class at Middlebury, but feel afraid to discuss it with others? What if there was a cozy and open space to chat about these things? Our workshop will provide educational materials and community building, examining socioeconomic class at Middlebury. Using materials from organizations like Resource Generation and readings

such as The Financial Activist Playbook, we will talk about our family backgrounds and money stories in a relaxed environment with tea and dinner. Small amounts of financial literacy lessons will be shared. People of all class backgrounds are encouraged to attend! (dinner provided)

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_79c354b9f529

MEETING: Monday, 5:00pm - 7:00pm
1/5, 1/12, 1/19, 1/26
LOCATION: Center for Community Engagement, 26 Blinn Lane
Leader: Maia McNeil
Co-Leader: Gus Morrill, Annaliese Dorchinecz

Narcan Training with Turning Point Center of Addison County and PEAR

Meet staff from Turning Point Center of Addison County, Middlebury's local peer-based recovery services center, and members of PEAR, Middlebury College's trained peer health educator group Peers Educating for Affirming Relationships. Through this Narcan training participants will understand the context of the bio-psycho-social elements of opioids, overdose reversals, and trends in substance misuse. Participants will also learn when and how to use Narcan to help someone they think may be experiencing an opiate related overdose, and PEAR members will share other strategies for supporting healthy relationships across our community. All participants will receive doses of Narcan and a resource guide for how to support a friend who may be struggling.

Registration Link: go.middlebury.edu/narcantraining/

MEETING: Wednesday, 6:00pm - 7:30pm
1/14
LOCATION: TBA
Leader: Anna Hand
Co-Leader: Jackson Weeks

Olde World Locksmithing

Celebrate the 120th anniversary of the Lock Shop at Middlebury College with this unique, hands-on opportunity to learn the lost art of impressioning skeleton keys. Students will have access to dozens of locks more than a century old and learn both modern and traditional methods of originating keys from scratch using hand files, candles and magnifying glasses. Students will learn the fundamentals of masterkeying, work with their hands and experience first-hand the rich tradition of Locksmithing at Middlebury College. Perfect for students who love to create, solve puzzles or enjoy learning new skills.

Registration Link:

https://docs.google.com/document/d/1OCw509Fms_SaeN_hTvCXL4WQl7Q-L3utnDgl67te-eM/edit?usp=sharing

MEETING: Tuesday, Thursday, 4:00pm - 6:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/26, 1/29
LOCATION: Service Building 139
Leader: Noah Reynolds
Co-Leader: Ed DeMatties

Patchwork Feminism: A Community Quilt Project

Be part of the launch of a new project from the Feminist Resource Center - Patchwork Feminism: A Community Quilt Project! Learn to sew! Learn embroidery! Paint, draw, and print! Drink tea with friends! Contribute to a living archive! Like the pieces of a quilt, our experiences, realities, oppressions, and ultimate liberation are bound together. This community quilt project aims to act as a process-based material archive of the ways in which community members of Middlebury College interact with feminist issues. The workshops to create this mosaic of feminist experience are grounded in personal exploration across a variety of themes (race, sexuality, reproductive landscapes, collective care, building futures, gendered violence, borders, surveillance, climate and the body, anti-war action, etc.), followed by the act of creating in community. What does this look like in practice? We will gather in Chellis House to drink tea, eat snacks, and explore prompts related to some of the themes mentioned above. Then, we will design and create quilt squares to represent our responses and experiences. This is a great opportunity to get crafty and learn some new sewing skills! These squares will be bound together to create a quilt honoring our commitment to each other and a better world. Why is this project important? Now, more than ever, community must be a priority! Coming together to slow down, process, and use our hands is one step we can take to envision and build the future we want. By creating an archive of experience and thought in relation to current events, political climate, grief on campus, and threats against our communities and neighbors, we refuse to be erased and disappeared. The physical archive of a quilt further cements this in its materiality. It takes up space. It grows with every square added. And it can hold us, wrapped around our shoulders, like we must hold each other. Note: All materials will be provided and no artistic/sewing skills or experience is necessary - just an interest in gathering together to create something meaningful.

Registration Link:

<https://docs.google.com/forms/d/e/1FAIpQLSfsbzHxsFYecsVKoB8YSC3t8C6gMSkXvDCAfZG6u3n1Y3K8AQ/viewform?usp=header>

MEETING: Tuesday, Thursday, 4:00pm - 6:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/26, 1/29
LOCATION: Chellis House
Leader: Harper Nichols

Peer Support Skills Training

Interested in working in a helping field in the future? Want to gain skills to help friends going through a hard time? Register for this training all about common mental health challenges and

how to best support friends who are going through a hard time. Participants will leave with more confidence to express care and concern for friends, bring up worries and help friends to get help! Participants will meet for 1 hour for 4 weeks and receive a certificate to celebrate your learning.

Registration Link: <https://forms.office.com/r/z15HzaQha8>

MEETING: Thursday, 3:30pm - 4:30pm
1/8, 1/15, 1/22, 1/29
LOCATION: Ross Suites Multipurpose Room
Leader: Madeline Hope-Lyng

Radical Crafting

Crafts have long been a central tool of communication in rights-based movements, providing activists with unregulated outlets for self-expression. Making art in community also subverts capitalist systems of mass production and conformity, promoting sustainability and small-scale, intentional work. This workshop will focus on three radical crafts: linocut printmaking, zine-making, and fiber arts, allowing participants to dabble in all crafts or focus on one month-long craft project in a medium of their choice. Participants will also explore historical examples of radical craft, such as yarn bombing, protest safety zines, and others!

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_3971f566f8d5

MEETING: Wednesday, 7:00pm - 8:30pm
1/7, 1/14, 1/21, 1/28
LOCATION: Coltrane Lounge
Leader: Charlie Fisch
Co-Leader: Theo Aroesty

RIDDIM World Dance Troupe Workshop*

The RIDDIM World Dance Troupe Workshop consists of an hour-and-a-half session every Monday and Wednesday, where you get to learn past dances the troupe has performed on stage and experience a range of choreographers from different backgrounds and interests. It's a super fun opportunity to try something new, and you don't need any previous experience. Everyone is welcome!

*This workshop offers PE Credit

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_5e3a8be57a65

MEETING: Monday, Wednesday, 6:30pm - 8:00pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28
LOCATION: Wilson Hall

Leader: Odette Castillo
Co-Leader: Marli Cohen

Soviet Cinema

Soviet authorities relied on cinema to spread their ideology to the farthest parts of the socialist world, mobilizing people across nations despite language barriers and widespread illiteracy. The medium's potential as a tool for propaganda compelled the state to invest talent and assets into the film industry, leading to its rapid evolution. Despite the harsh conditions that soviet artists had to work within (lack of resources, international isolation, severe censorship) their legacy is vast. The four selected films that we'll watch throughout the workshop aim to showcase the cultural diversity of the Soviet Union, the distinct cinematic language developed by its filmmakers, and the creativity that thrived under constant censorship.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_48da58cc3da4

MEETING: Tuesday, 7:45pm - 9:45pm
1/6, 1/13, 1/20, 1/27
LOCATION: Axinn 232
Leader: Kseniia Lebid

Sustainability and Storytelling Through Fiber Arts

In a time where climate anxiety is higher than ever before, it is easy to get lost in the overwhelming feelings of doom and despair. We forget that there are ways to cope with feeling hopeless, that in turn can not only be soothing to our minds and bodies, but also transformative and solutions-based. This workshop will therefore explore a climate crisis mitigation strategy at the intersection of arts and science: wool fiber arts. Wool as a natural fiber is malleable, heat- and moisture-insulating, and highly fire-resistant. It is a form of art and craft that was outcompeted by industrialized plastic-based synthetic fiber, and is rooted in ancient traditions across the entire globe, from transhumance and pastoralism in Europe, to indigenous ecological knowledge in Africa and Latin America. By exploring wool as a medium of story-telling and creating a fiber art storybook, we will learn the history of wool in global and local contexts, practice the therapeutic and restorative art, and share in a community space for climate action.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_5fda4f8f5b2a

MEETING: Thursday, 4:30pm - 6:00pm
1/8, 1/15, 1/22, 1/29
LOCATION: Carr Hall (Anderson Freeman Center)
Leader: Changchang Ma
Co-Leader: Mya Rosa Diaz

Teaching Tap

Join On Tap co-presidents, Emilia and Virginia, to learn how to tap dance! Participants will be taught how to do foundational steps and sequences of steps from a shuffle to a Broadway! No prior dance experience is required, and tap shoes will be provided to all participants.

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_5f53bb9c1ed0

MEETING: Tuesday, 6:30pm - 7:30pm
1/6, 1/13, 1/20, 1/27
LOCATION: Wilson Hall
Leader: Virginia Callen
Co-Leader: Emilia Zenker

Ultimate Frisbee*

This workshop is a chance to sharpen your throws, fine-tune your cutting and defensive techniques, and just have fun during J-Term. Sessions will mix skill drills, small-sided games, and scrimmages in a supportive, high-energy environment. All are welcome to join...come ready to run, learn, and play!

*This workshop offers PE Credit

Registration Link:

https://apps.ideal-logic.com/mop?key=KZ23-CR1RW_K9KH-5PTF_f2f65c212e7f

MEETING: Monday, Wednesday, 6:00am - 7:00am
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28
LOCATION: Virtue Field House
Leader: Liam Reynolds, Avery Goldstein
Co-Leader: Peter Mans